

## COMPANIES HOUSE

605 215 011 UOD 3638

# Annual Return

of company number 0

02568052

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company name

FOOD FOR THOUGHT (HOLDINGS) LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

THE REGISTRAR OF COMPANIES
COMPANIES HOUSE
CROWN WAY
CARDIFF
CF4 3UZ



#### This form should be completed in black.

The information printed below is taken from Companies House records as at 26/11/96 If this information requires amendment use the spaces opposite.

### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
112	1 12	916

#### Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

#### Registered Office (See note 3)

This is the address registered by Companies House.

HORSTED KEYNES INDUSTRIAL ESTATE CINDER HILL HORSTED KEYNES WEST SUSSEX RH17 7BD

#### Principal business activities (See note 4)

Trade classification is
7415 MANAGEMENT ACTIVITIES HOLDING COMPS

If the code cannot be determined from the notes, give a brief description of principal activity.

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

	Day	Month	Year		
	L				
'					
I	Day	Month	Year		
			-		
II					

If the information shown needs amendment, give 02568052 details below and, for secretary and director Register of members (See note 5) particulars, the date of any change. The register is kept at REGISTERED OFFICE 55 GILDREDGE ROAD EASTBOURNE EAST SUSSEX BN21 4SF Register of debenture holders (See note 6) Any register of debenture holders (or duplicate) is kept at 55 GILDREDGE ROAD **EASTBOURNE** EAST SUSSEX **BN21 4SF** Company Secretaries (See note 7) Particulars of a new secretary must be notified on Day Month Year form 288. Date of any change. INGRID HAWLEY DALE HOUSE THE PARK TWO DALES MATLOCK DERBYSHIRE DE4 2FB Day Month Year If this person has ceased to be secretary, please state when. Date of resignation. Month Year Particulars. Date of any change. STEVEN NORMAN SIMPSON GARESFIELD LODGE LINTZFORD GRANGE ROWLANDS GILL TYNE AND WEAR

If this person has ceased to be secretary, please state when.

Day Month Year

| | | | Date of resignation.

02568052	If the information shown needs amendment, give details below and the date of any change.
<b>Directors</b> (See note 7) Particulars of a new director must be notified on form 288.	Day Month Year
ALAN HOWARD HAWLEY DALE HOUSE THE PARK	
TWO DALES MATLOCK DERBYSHIRE DE4 2FB	
Date of Birth:- 14/09/43 Nat:BRITISH Occ:DIRECTOR	
If this person has ceased to be director, please state when.	Day Month Year  Date of resignation.
Show any relevant current and previous directorships.	
Particulars. STEVEN NORMAN	Day Month Year Date of any change.
SIMPSON GARESFIELD LODGE LINTZFORD GRANGE ROWLANDS GILL TYNE AND WEAR	POST CODE! NE39 IHL
Date of Birth:- 28/01/59 Nat:BRITISH Occ:CHARTERED ACCOUNTANT	
If this person has ceased to be director, please state when.	Day Month Year Date of resignation.
Show any relevant current and previous directorships.	
Particulars.	Day Month Year
NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.	
If this person has ceased to be director, please state when.	Day Month Year
Show any relevant current and previous directorships.  Page 3	

02568052 Issued Share Capital (See note 8) Enter details of all shares in issue at the date of this return.	Class (eg Ordinary/ Preference etc)  ORDINARY  A' ORDINARY	Number of shares issued  522	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)  522
List of past and present members	Totals	612	£612
(See note 9)  (Use attached schedule where appropriate)  A full list is required.			Please mark the appropriate box.  not on on paper paper
Elective resolutions (See note 10) (Private companies only)	A full list of me	mbers is enclose	
If an elective resolution is in force at the date of this return to dispense with annual general meetings, mark this box.  If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, mark this box.			
Certificate  I certify that the information given in this return is true to the best of my knowledge and belief.  I enclose the fee of £15.  Cheques should be made payable to Companies House.		udes ONE	have completed
To whom should Companies House direct any enquiries about the information shown in this return?>	LEECHM	FOR THOU!	GHT (HOLDINGS) DE NDERZIAND SR29TE Ext

LIST OF PAST AND PRESENT MEMBERS

SCHEDULE TO FORM 363

Company Number: 02568052	Account of Shares Particulars of shares trans-			
Company Name: FOOD FOR THOUGHT (HOLDINGS) LIMITED	Number of shares or amount of stock held by existing members at date of this return.	ferred since t last return, o of the first re incorporation company, by (a) persons members (b) persons	he date of the r, in the case eturn, since the of the who are still , and	·
Name and address	Number currently held	Number Transferred	Date of Registration of Transfer	Remarks
	-			
e - initial entre	j.		2.1	( 1 04
BJPARSONS		- · · ·		<i></i>
PINEMARTEN, RANNOCH RD, CROWBROUGH	0	280	19.6.95	Ordinary
BJ PARSONS (address as above)	0	6	25-6.96	Ordnory
MRS MM PARSONS (address asalare)	0	194	19-595	Ordnary
MRS MM PARSONS ( n n n)	0	30	25.696	Ordnery
31 PLC 91 WATERLOORD LONDON	0	90.	12-6.96	A Ordnasy
ADAM Mª CHESNEY	0	6	12-6.96	Ordinary
6 GROVEBURY BELLBANKED				7
HAILSHAM EAST SUSSEX				
RONALD DRYBURGH	0	6	12.6.96	Ordney
49 WOODLAND DRIVE BROMHAM				
PIERSON MANTGEMENT (GUERNSWIE)	1			
POBOX 253 LEBORDAGE STPETERPORT	10	474	25.6.96	Ordnary
INHOCO 50/LIMITED	522	12	12-6.96	Ordness
DENNIS HOUSE MARSDEN ST		510	25.6.96	Ordney
MANCHESTER M2 1JD				
INHOCO SOI LIMITED	90	90	12-6.96	Aordinary
DENNIS HOUSE MANSOEN ST				7
MANCHESTER M2 1JD				

LIST OF PAST AND PRESENT MEMBERS (continued) **SCHEDULE TO FORM 363** Account of Shares Company Number: 02568052 Particulars of shares transferred since the date of the Number of Company Name: shares or last return, or, in the case amount of stock held by existing of the first return, since the FOOD FOR THOUGHT (HOLDINGS) LIMITED incorporation of the company, by members date of this members at (a) persons who are still members, and (b) persons who have ceased to be members. Number Date of Number currently Name and address Registration Remarks Transferred of Transfer held